

December 2014



**Dear All**  
**Welcome to our Christmas update**

**Learner Referrals**

Since the last newsletter, I have assessed 5 potential learners who have all started working with a coach. Referrals have come from: Learn Direct, Job Centre, Turning Point, Forest Drop In and one self-referral.

**Coaches**

After a couple of false starts, we ran the new coach training on 22<sup>nd</sup> November at the Town House in Coleford. There were 10 prospective coaches and it went very well. There were some very positive comments on the evaluation forms, e.g.

*“Just to say thank you very much for Saturday. It was informative and enjoyable with the added bonus that everyone in attendance was really lovely.”*

*“Thank you both much for the training session on Saturday which I found extremely helpful. It was lovely to meet such a lively and interesting bunch of people and I look forward very much to contributing to the work of the organisation.”*

The extension training session held on 30<sup>th</sup> September in Cinderford was also very successful. As previously, it was a mix of experienced and potential coaches and there was a good exchange of ideas and experiences. Kris distributed the new Volunteer Handbooks asking for feedback. She also gave information about the Talking Books Project (see below).

**Resources and Website**

For information, in addition to the resource folders kept at Forest Road Centre, Coleford Library and Lydney Library there is now one at Mitcheldean Community Library.

I have just transferred the FRED website into a different software package and it has been updated so please have a look and see what you think. It is still a work in progress so as always if anyone has any suggestions as to how we can improve the site or notices any errors please let me know.

**Contacts Team – Update from Megan**

The events at the Speech House this summer (Forest Food Showcase and Forest Vintage Fair) were very successful, with lots of interest from potential coaches and learners and even some offers to use premises in Lydney for sessions.

I have been delighted with the support from FRED volunteers who turned out to promote FRED at various events - those I have spoken to found it a very worthwhile and enjoyable experience. Thank you all for your time and enthusiasm.

The Contacts Team and those who have helped at events over the summer have had the opportunity to think of new ways to promote FRED next year and to attract more people to our stall. Watch this space for our ideas to give the FRED stall more 'wow' appeal. Of course, please let us know if you have your own suggestions.

We have made useful links with other organisations throughout the summer. In recent weeks the Contacts Team has contacted or renewed contact with various organisations including the Forest of Dean Women's Institute, NHS 2gether, Newent Chill Out Zone, Forest Internet Radio, Mason Carr, CANDI Youth Cafe Cinderford and Zone Cafe Lydney.

We have distributed so many FRED leaflets that we have ordered more! If anyone would like a few leaflets to leave at their workplace or elsewhere in their community these can be obtained from any member of the Management Team. The leaflets are a great way to promote FRED and the work we do.

Janet attended an event recently to celebrate the re-opening of Cinderford Leisure Centre. Pleas, Veronica and Tessa helped out on the day and Janet asked me specifically to thank them and to say what delightful company they were!

### **Talking Books Project**

Kris recently attended a photo call for all those groups who received a Community Grant from Forest of Dean District Council. This money will be used to produce some audio books and we are hoping to start recording the books very soon, so watch this space for more news.

Kris has also made contact with Charles Scott, a local business man, who has begun the process of writing stories for FRED readers. We hope to develop activity books to accompany these, as well as the spoken books.

### **Waitrose**

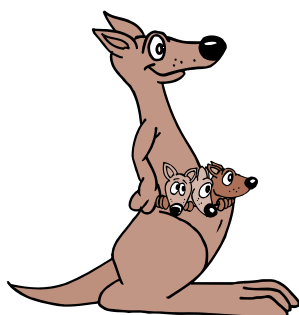
Janet has managed to get FRED added to the list of charities supported by Waitrose with its token scheme. During December, in the Monmouth store you will be able to add the green token, which you are given at the till, to the Community Matters box in support of FRED. The more tokens we get the more money Waitrose donates, so please keep a look out and encourage your friends and family who may shop in Waitrose to do the same.

### **Expenses**

Janet has asked me to remind coaches to keep sending in their expenses claims even if they are not claiming as it gives us an idea of how much things cost!

### **Management Team**

I am delighted to say that Ann Kent has re-joined the Management Team and we are very grateful for her continuing support. We could still do with one or two more people so please help if you can.



### **Australia**

Just to let you know that I am off to Adelaide at Christmas to visit my son and family. I shall be away until the end of January so our Secretary Jennifer Lewis will have charge of the mobile phone. I'll still be able to check any emails but if there is anything which needs sorting before I get back, can you please email Kris on [kris@kvfetc.co.uk](mailto:kris@kvfetc.co.uk) or phone Jennifer on 07746 371353.

Sheila  
Coach Co-ordinator

**Thank you for all your hard work this year on behalf of FRED.  
Merry Christmas and a Happy New Year to all!**

